

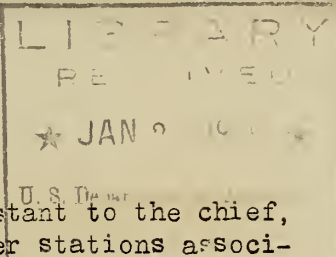
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THE HOUSEHOLD CALENDAR



A radio talk by Mrs. Rowena Schmidt Carpenter, assistant to the chief, Bureau of Home Economics, delivered through WRC and 31 other stations associated with the National Broadcasting Company, January 10, 1930.

HOW DO YOU DO, HOME-MAKERS!

I want to answer today some questions that come to us repeatedly from mothers of young children. They are about the kinds of food suitable during childhood, and the place of sweets in the diet.

During the years that he is developing, the child must have foods that contribute to a number of kinds of growth that are in progress. For instance, size or stature depends upon the growth of bone structure, and bone growth depends in turn upon calcium (or lime), and upon phosphorus, -- two mineral salts that are found in some of our foods. Teeth, too, depend upon calcium and phosphorus for their growth and their hardness. Milk is an especially good source of the material needed to make bones and teeth grown normally. It is very important all through life but especially during the years of rapid growth to take plenty of milk to make sure that bones and teeth will develop as they should and remain sound.

The bone structure of our bodies must be covered by a pad of firm flesh, which is called muscle tissue. For the building of muscle tissue protein foods are necessary. Milk, so important for calcium and phosphorus, also contains a kind of protein that is very valuable in building muscle structure. This is another reason for rating milk so high in the diet of the young child. Eggs, lean meat, poultry, fish, and cheese are good protein foods too.

To stimulate growth and to keep our bodies in good health we need vitamins. These substances are found in whole milk, in cream, butter, egg yolk, whole grain cereals, and in many fruits and vegetables, especially those that grow above the ground in the sunlight. The citrus fruits, oranges, lemons, and grapefruit, and all green vegetables, notably thin green leaves, are important for their vitamin content.

We need iron for red blood cells, -- to keep us from becoming anemic. Iron is found in egg yolk, in green vegetables, in oranges, prunes and raisins, in red meat and in liver. Liver also contains some of the important vitamins so it is valuable for children and for grown-ups, and nutrition specialists have in recent years recommended that liver be included in the diet at least once a week.

For growth and health, then, we need mineral foods to make strong bones, sound teeth and red blood, protein foods to build muscle tissue or a padding of firm flesh, and vitamin foods to encourage growth and protect our health, -- But we also need fuel foods, high in calories, to supply the energy for our activity. Our principal fuel or high calorie foods are fats, starches, and sugars, and the foods rich in these substances. The list is long; you can think it over quickly: butter, cream, butter substitutes, cooking fats, the fat of meat, cereals and breadstuffs, the starchy vegetables, pure sugars, syrups, many fruits and vegetables that contain sugar though they do not nec-

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essarily taste sweet, and all sorts of desserts and other concentrated sweets such as candies.

It is important of course to have food for activity, but appetite usually makes people eat enough to supply the necessary calories, and unfortunately a spinal appetite for sweets, starches and fats causes many people to supply the need for fuel foods to the exclusion of enough bone, tooth, muscle and healthy promoting foods.

And that brings me back to the second question I promised to answer, -- the place of sweets in the diet of children. After proteins, minerals and the other essential materials have been supplied, a moderate amount of sweets may be used to advantage to contribute flavor and to furnish calories in a form quickly used by the body. BUT sweet foods should not be allowed between meals or early in the meal, and should not be permitted at any time if they interfere with a wholesome appetite for essential foods. Served only as dessert, sweet things in limited quantities may be a very good incentive for the child who is a poor eater to clear his plate. Little children need not learn the flavor of concentrated sweets such as candy and rich desserts; less concentrated sweets in the form of fruits, fruit desserts, custards, very simple puddings and ice creams, sponge cake and simple cookies can provide plenty of sugar in the diet without developing that craving for sweets long known as a "sweet tooth" in children. If you are responsible for the food habits of children, let us send you Farmers' Bulletin 717, "Food for Young Children".

And now time is up, so I bid you goodbye, Homemakers.